

**CLAIMS:**

- 1           1.       A method comprising the steps of:  
2           receiving rate information for a wireless unit at a first rate; and  
3           adapting at a second rate not equal to said first rate a channel for  
4           communicating between said wireless unit and a base station.
  
- 1           2.       The method of claim 1 comprising:  
2           using said first rate which is slower than said second rate.
  
- 1           3.       The method of claim 2 wherein said receiving comprises:  
2           receiving said rate information from said wireless unit.
  
- 1           4.       The method of claim 2 wherein said receiving further includes:  
2           receiving said rate information once every three slots.
  
- 1           5.       The method of claim 4 wherein said adapting further includes:  
2           adapting said rate information every slot.
  
- 1           6.       The method of claim 4 wherein said adapting further includes:  
2           responding to rate information up to once every slot.
  
- 1           7.       A method comprising the steps of:  
2           receiving rate information from a plurality of wireless units where each of said  
3           wireless units report said rate information at a first rate; and  
4           adapting at a second rate not equal to said first rate a channel for  
5           communicating between at least one of said wireless units and a base station.